



National Nutrient Database for Standard Reference

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Statistics Report 09326, Watermelon, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2 3 4 5 6	g	91.45	14	0.316	90.1	92.42	5.0	90.636	92.263	6	Analytical or derived from analytical	--	03/2003
Energy	kcal	30	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Energy	kJ	127	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Protein 1 2 3	g	0.61	11	0.041	0.4	0.84	2.0	0.434	0.784	3	Analytical or derived from analytical	--	03/2003
Total lipid (fat) 1 2 3	g	0.15	10	0.037	0.05	0.27	2.0	-0.012	0.307	3	Analytical or derived from analytical	--	04/2003
Ash 1 2 3	g	0.25	11	0.038	0.1	0.37	2.0	0.083	0.411	3	Analytical or derived from analytical	--	03/2003
Carbohydrate, by difference	g	7.55	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fiber, total dietary 1 3 4 5	g	0.4	10	0.051	0.4	0.7	3.0	0.274	0.595	4	Analytical or derived from analytical	--	03/2003
Sugars, total 2 3 4	g	6.20	6	0.143	5.74	6.59	2.0	5.587	6.82	3	Analytical or derived from analytical	--	03/2003

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Sucrose 2 3 4	g	1.21	6	0.859	0.11	2.87	2.0	-2.53	4.858	3	Analytical or derived from analytical	--	04/2006
Glucose (dextrose) 2 3 4	g	1.58	8	0.433	0.67	2.13	2.0	-0.342	3.38	3	Analytical or derived from analytical	--	04/2006
Fructose 2 3 4	g	3.36	8	0.322	2.72	4	2.0	1.853	4.627	3	Analytical or derived from analytical	--	04/2006
Lactose 2 3 4	g	0.00	8	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	04/2006
Maltose 2 3 4	g	0.06	8	0.043	0	0.14	2.0	-0.129	0.243	3	Analytical or derived from analytical	--	04/2006
Galactose 2 3	g	0.00	7	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006
Starch 3	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2003
Minerals													
Calcium, Ca 1 3 7 8 9 10 11 12 13 14 15 16 17	mg	7	42	0.322	4	14	12.0	6.181	7.586	13	Analytical or derived from analytical	--	03/2003
Iron, Fe 1 2 3 7 8 9 10 11 12 13 14 15 16 17	mg	0.24	45	0.015	0.08	0.55	13.0	0.204	0.267	14	Analytical or derived from analytical	--	03/2003
Magnesium, Mg 1 2 3 7 8 9 10 11 12 13 14 15 16 17	mg	10	45	0.356	5	12	13.0	9.102	10.638	14	Analytical or derived from analytical	--	03/2003

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Phosphorus, P 1 3 7 8 9 10 11 12 13 14 15 16 17	mg	11	42	0.506	5	19	12.0	10.323	12.529	13	Analytical or derived from analytical	--	03/2003
Potassium, K 1 2 3 7 8 9 10 11 12 13 14 15 16 17	mg	112	44	3.178	58	191	13.0	105.521	119.252	14	Analytical or derived from analytical	--	05/2003
Sodium, Na 1 2 7 8 9 10 11 12 13 14 15 16 17	mg	1	40	0.160	0	5	12.0	1.062	1.761	13	Analytical or derived from analytical	--	05/2003
Zinc, Zn 1 2 3 7 8 9 10 11 12 13 14 15 16 17	mg	0.10	45	0.023	0.04	0.63	13.0	0.052	0.153	14	Analytical or derived from analytical	--	03/2003
Copper, Cu 1 3 7 8 9 10 11 12 13 14 15 16 17	mg	0.042	42	0.008	0.01	0.17	12.0	0.024	0.06	13	Analytical or derived from analytical	--	03/2003
Manganese, Mn 1 2 3 7 8 9 10 11 12 13 14 15 16 17	mg	0.038	45	0.002	0	0.08	13.0	0.033	0.042	14	Analytical or derived from analytical	--	03/2003
Selenium, Se 2	µg	0.4	2	--	0	0.7	1.0	--	--	1	Analytical or derived from analytical	--	03/2003
Fluoride, F 18 19	µg	1.5	11	0.328	1	2.1	2.0	0.054	2.879	2	Analytical or derived from analytical	--	04/2006
Vitamins													
Vitamin C, total ascorbic acid 1 3	mg	8.1	6	2.425	5.3	14.7	1.0	-22.71	38.909	2	Analytical or derived from analytical	--	03/2003
Thiamin 1 2 3	mg	0.033	11	0.003	0.02	0.05	2.0	0.021	0.045	3	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin 1 2 3	mg	0.021	11	0.007	0.01	0.04	2.0	-0.01	0.052	3	Analytical or derived from analytical	--	03/2003
Niacin 1 2 3	mg	0.178	11	0.008	0.11	0.21	2.0	0.142	0.215	3	Analytical or derived from analytical	--	03/2003
Pantothenic acid 1 2 3	mg	0.221	11	0.014	0.15	0.33	2.0	0.161	0.281	3	Analytical or derived from analytical	--	03/2003
Vitamin B-6 1 2 3	mg	0.045	11	0.009	0.03	0.07	2.0	0.004	0.086	3	Analytical or derived from analytical	--	03/2003
Folate, total 2	μg	3	3	0.251	2	3	2.0	1.488	3.652	1	Analytical or derived from analytical	--	03/2003
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	3	3	0.251	2	3	2.0	1.488	3.652	1	Analytical or derived from analytical	--	04/2006
Folate, DFE	μg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Choline, total 3	mg	4.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Betaine 3	mg	0.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE 2 3	µg	28	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 1 2 3 20 21	µg	303	14	8.654	184	476	4.0	278.822	326.878	5	Analytical or derived from analytical	--	03/2003
Carotene, alpha 2 3 21	µg	0	9	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	03/2003
Cryptoxanthin, beta 2 3 20 21	µg	78	10	77.500	0	310	3.0	-169.14	324.14	4	Analytical or derived from analytical	--	03/2003
Vitamin A, IU 1 2 3	IU	569	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Lycopene 2 3 21 22	µg	4532	150	386.910	3,040	5,590	3.0	3300.378	5763.018	4	Analytical or derived from analytical	--	03/2003
Lutein + zeaxanthin 2 3 21	µg	8	9	4.919	0	17	2.0	-12.997	29.33	3	Analytical or derived from analytical	--	03/2003
Vitamin E (alpha-tocopherol) 2 3 6	mg	0.05	8	0.013	0.02	0.07	2.0	-0.005	0.103	3	Analytical or derived from analytical	--	03/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 2 3 6	mg	0.00	8	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, gamma 2 3 6	mg	0.00	8	0.003	0	0.02	2.0	-0.01	0.015	3	Analytical or derived from analytical	--	03/2003
Tocopherol, delta 2 3 6	mg	0.00	8	0.005	0	0.04	2.0	-0.015	0.024	3	Analytical or derived from analytical	--	03/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 2 3 23	µg	0.1	8	0.060	0	0.3	2.0	-0.142	0.375	3	Analytical or derived from analytical	--	03/2003
Lipids													
Fatty acids, total saturated	g	0.016	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
10:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
12:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
16:0	g	0.008	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:0	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fatty acids, total monounsaturated	g	0.037	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated	g	0.037	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fatty acids, total polyunsaturated	g	0.050	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated	g	0.050	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Phytosterols	mg	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Amino Acids													
Tryptophan	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Threonine	g	0.027	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Isoleucine	g	0.019	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.018	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.062	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.006	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Cystine	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phenylalanine	g	0.015	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Tyrosine	g	0.012	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Valine	g	0.016	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Arginine	g	0.059	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Histidine	g	0.006	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alanine	g	0.017	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Aspartic acid	g	0.039	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glutamic acid	g	0.063	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glycine	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Proline	g	0.024	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Serine	g	0.016	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2000
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2000

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Anthocyanidins													
Cyanidin 26	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Petunidin 26	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin 26	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Malvidin 26	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Pelargonidin 26	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Peonidin 26	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin 26	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 26	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 26	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate 26	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate 26	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin 26	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin 26	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin 26	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin 26 27 28	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin 26 27 28 29	mg	0.5	--	0.46	0	1.84	--	--	--	--	--	--	--
Flavonols													
Kaempferol 27 28 29 30	mg	0.5	--	0.45	0	1.81	--	--	--	--	--	--	--
Myricetin 26 27 28 29 30	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin 26 27 28 29 30	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Isoflavones													
Daidzein 31 32 33	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Genistein 31 32 33	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Glycitein 33	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones 31 32 33	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Formononetin	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Coumestrol	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers 24 25	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers 24 25	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 24 25	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 24 25	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 24 25	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

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